

## The Effect Of Training Methods And Motivation On The Mastering Of Pencak Silat Single Category

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**Abstract** In this study, the author aims to determine the relationship between random practice and block practice training methods with single category pencak silat skills. The method used by this researcher is a factorial experimental method to determine the effect of the training methods used on the skills of martial arts mastery. the single category of the Satria Muda Indonesian pencak silat college. In this study, the researcher used a sampling technique, namely purposive sampling with the number of samples taken as many as 20 people with the research instrument to measure the mastery of single category pencak silat moves. From the data, the results of data processing show that the values in the pretest and posttest scores of all groups are greater than 0.05 with the value of each group (1) 0.794, (2) 0.083, (3) 0.119, (4) 0.875. Then the sentence hypothesis shows that the data is normally distributed. Then on the correlation value between the method and the skill level of mastery of pencak silat in the group when there is a motivation variable of  $r^2 = 0.654$  so that it can be concluded that when the athlete is given a treatment, the mastery of the moves increases by 65.4% then the value between the correlation between method and skill level of pencak silat mastery in the group when there is no motivation variable, the value of  $r^2 = 0.319$  is obtained so that from the data shows that there is an increase of 31.9%. So it can be concluded that there is a relationship between training methods and motivation on the ability of single category pencak silat skills..

**Keywords:** *Pencak Silat; Rancam Practice; Block Practice , Jurus Tunggal IPSII; Sport*

## **INTRODUCTION**

Sport has become a culture that cannot be separated from human life for those who want to be fit. Exercise has a variety of benefits for those who do it, both aerobic and anaerobic, according to . According to (Giriwijoyo & Sidik, 2012) suggests that "movements are carried out of their own volition in a planned and regular manner where the benefits are for the health of the functions of the human organs themselves". Based on its nature, sports are divided into three parts, namely achievement sports, health sports, and recreational sports which can be distinguished from their goals.

Many elements are learned from various comprehensive sports ranging from mental, moral and spiritual, attitude, intellectual to emotional, with physical activity all the energy accumulated in the body will be channeled properly, one of which is through the sport of pencak silat. Pencak silat is a sport that was originally learned to protect oneself from crime, and also in pencak silat many moves are learned which aim to protect themselves from the dangers of evil, these moves are moves that are taken or imitations of animals, which every animals in protecting

themselves have their own peculiarities in accordance with the peculiarities or advantages of each of these animals. This is what makes the ancestors used to learn the martial art of pencak silat by imitating animal movements so that pencak silat moves are very rich in martial techniques.

According to the first IPSI chairman, Wongsonegoro (Mulyana, 2014) said that "Pencak is an attack and defense movement in the form of dance and rhythmic with certain customary rules of politeness that can be performed in public". Pencak silat Pencak silat is a sport that also has several categories, namely moves and fights or fights

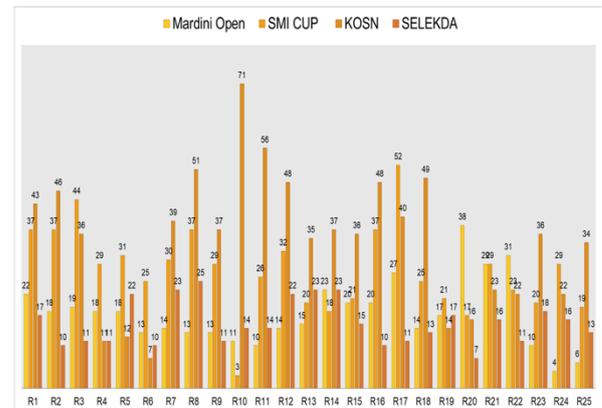
In the category of moves, they are categorized into two, namely the standard moves, in the standard moves there are two categories, namely the IPSI standard moves for the single category and the IPSI standard moves for the team category and traditional arts. In the standard moves there is a single category consisting of 14 moves in 100 series of movements that must be completed within 3 minutes using equipment, namely machetes and sticks and clothing using standard PERSILAT Pencak Silat clothing with free and plain colors and wearing a headband (headscarf/veil).

mini telekong, must not cover the face, not a headband), and plain color or patterned side cloth. The machete used in this TGR category is a non-sharp machete made of metal or wood and is not sharp/pointed and has a length for Early and Pre-Adolescents between 20-30 cm with a width of 2-3.5 cm and for Teenagers and Adults. from 30 cm to 40 cm with a width of 2.5 cm to 4 cm. Then sticks/toyas made of rattan with lengths for early and pre-adolescent ages between 100 cm to 150 cm with a diameter of 1.5 cm to 2.5 cm and sizes for adolescents and adults have a length of 150 cm to 180 cm with a diameter of 2.5 to 3.5. in the standard moves there are also multiple categories and also teams with different rules in each category.

Researchers made observations on 27 to 29 December 2019 at the MARDNI OPEN II Pencak Silat Championship which was held in Kab. Sumedang, West Java, continued on 27-29 December 2019 at the SMI CUP pencak silat championship throughout West Java which took place in Kab. Garut, on October 27, 2020 at the national event of the National Student Sports Competition (KOSN) in Kab. Sumedang and lastly on 19-20 December

2020 at the SELEKDA Kab. Sumedang, the results of these observations, researchers describe the motion errors that occur in the form of images as follows:

Figure 1. Observasi Kejuaraan



From the table data the researchers took a sample of 25 people from each championship event as the basis for researchers in conducting research, it can be seen in The table above shows that there is a very high error in the tenth respondent in the KOSN (national student sports competition) championship and in the tenth respondent there is also the least error that occurs in the SMI (Satria Muda Indonesia) CUP championship in West Java. When the researcher observed the subject to be studied, the researcher found the same motion error made by a single category art athlete as the athlete's error in the championship event that the researcher had previously observed. So

from these observations the researcher has the desire to correct the motion errors that occur. Seeing from the problems that occurred, the researchers tried to apply the block practice method and random practice as a solution to the existing problems and then the researchers would compare the two methods. Therefore, the use of random practice and block practice methods is expected to increase the athlete's mastery in demonstrating the TGR category single moves in pencak silat. The purpose of this study was to find out how the influence of random practice and block practice methods on the mastery of IPSI single moves.

In the concept of training with the drill method on the mastery of movement skills in pencak silat, researchers tried to apply a centralized training method (random practice) and a random practice method which are commonly used in habituation of a movement, (Mahendra, 2007) "there are two The usual way is by setting it centrally (blocked practice) and randomly (random practice).

Centralized training arrangements are exercises that are carried out by carrying out one skill task to completion before moving on to another skill task. Mentions (Mahendra,

2007) "centralized training is widely used by teachers or coaches because it is considered to allow athletes to train in a focused manner, namely to train a skill repeatedly without being disturbed by other activities or other movement tasks". This is in contrast to random practice, which requires athletes to carry out various training activities at the same time, without being separated by type of skill, so that athletes never perform the same task in succession. According to (R. N Saputra & Yarmani, 2019) centralized training (block practice) is "finishing a skill first before moving on to other skills.

(Hidayah, 2014) Centralized training is a method that is carried out by focusing on one skill until it is completed before moving on to another skill task. So from this description that the centered training method is a training method that focuses on one technique or one skill during one training session until an athlete can master one technique or one skill before moving on to another technique/skill.

Meanwhile, random practice according to (Decaprio & Richard, 2013) is "a training method that provides opportunities for students to perform various parts of a skill at the same time,

without being separated by other types of skills. (Mahendra, 2007) Describes that "random training requires athletes to be able to carry out various training activities at one time, without being separated by type of skill". This means that at one time the training materials assigned to athletes vary with a random arrangement. So from this opinion it can be concluded that the random exercise method or random practice is an exercise method that gives students the opportunity to repeat various kinds of movements that have been taught in one training session.

#### **METHODS**

In this study, researchers used experimental research methods. According to (Suherman, 2009) that "the purpose of the experiment is to investigate whether there is a cause-and-effect relationship how large the cause-and-effect relationship is by giving certain treatments to several experimental groups and providing controls for comparison". The design used is 2x2 factorial because it looks at the characteristics that have been described above on the grounds that the experimental method is a research design that refers to the problem at hand, and

looks at the causes and effects of a treatment.

In this design, data collection was carried out twice, namely pretest and posttest. The first measurement was carried out through a pre-test (pretest) and the second measurement was carried out at the end of the study (post-test). In this study, researchers used 20 research subjects which were divided into 4 groups with 5 people in each group.

The data to be collected in this study uses the IPSI standard single skill test or often called the single category TGR technique. the single category in the competition is carried out by individuals as according to (Lubis & Wardoyo, 2016)) that "the motion is displayed by one person using a weapon by paying attention to stamina power, and also appreciation with confident and appropriate movements". In this study, the data were taken from the results of measurements taken before and after being given a treatment. The type of instrument used to measure the ability to demonstrate the ability of the single category pencak silat is an instrument taken from the 2012 IPSI Pencak Silat Competition Rules book. After the data is collected, the data is statistically processed using the SPSS 17.0 program.

**RESULTS AND DISCUSSION**

**RESULTS**

This research was conducted at the young Indonesian martial arts college, while the samples taken in this study were members of the college who mastered the single category of pencak silat moves.

From the data obtained, 20 people were divided into 4 experimental groups, namely two groups given the random practice training method and two groups being given the block practice training method, where each group was divided based on the level of motivation, both groups with high motivation and groups with low motivation. have low motivation.

Furthermore, data processing is carried out using SPSS 17.0 to test the hypothesis, but before testing the hypothesis, testing is first carried out to see the normality and homogeneity of the data as a condition for hypothesis testing. Based on the results of data processing using the SPSS 17.0 program, it is known that the results of the pretest and posttest data are normally distributed. The results of data processing are presented in the following table:

To answer the hypothesis using the paired sample test

**Table 1.**  
Paired Sample T Test Random Practice and Low Motivation

		Paired Sample Correlation			
		Mean	Std Error	Std. Dev	Sig 2-tailed
Block Practice and High Motivation	Pre test- Post test	13.4	1.166	2.608	0.0

		Paired Sample Correlation			
		Mean	Std Error	Std. Dev	Sig 2-tailed
Random Practice and Low Motivation	Pre test- Post test	8.60	1.208	2.072	0.02

From the data in table 1, it can be seen that the t-test results from the data from the random practice method with low motivation obtained p-value (sig-2 tailed) = 0.002 < 0.05, so we can conclude that there is a significant difference between the athletes' training results.

**Tabel 2.**  
Paired Sample T Test Random Practice and High Motivation

Table 2 shows the results of processing the t-test data showing that the p-value (sig-2 tailed) = 0.005 < 0.05, it can be concluded that there is a significant difference between the pretest and posttest training data.

**Tabel 3.**  
Paired Sample T Test Block Practice

and High Motivation

Table 3 shows the results of processing the t-test data showing that the p-value (sig-2 tailed) = 0.005 < 0.05, it can be concluded that there is a significant difference between the pretest and posttest training data.

**Tabel 4.**

Paired Sample T Test Block Practice and Low Motivation

		Paired Sample Corelation			
		Mean	Std Error	Std. Dev	Sig 2-tailed
Random Practice and High Motivation	Pre test- Post test	9.80	1.715	3.834	0.05

Paired Sample Corelation

	Mean	Std Error	Std. Dev	Sig 2-tailed
Random Practice and Low Motivation	14.2	1.497	3.347	0.01
Pre test- Post test				

In table 4, data obtained from the results of data processing paired t test obtained p-value (sig-2 tailed) = 0.000 <0.05 so from the existing data it can be concluded that there is a significant difference between the data on the results of athletes training on the pretest data. and posttest.

Furthermore, data processing is carried out to see how the interaction between motivation and training methods on the mastery of the single category IPSI pencak silat moves, the results of the processing can be seen in the following table:

**Table 5.**  
Uji Regresi

**Model Summary**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.565 <sup>a</sup>	.319	.281	2.657

a. Predictors: (Constant), pretest

Where the Rsquare value in the regression equation in table 4.7 is 0.319 so it can be said that the method used affects the results of mastery of single-category pencak silat moves with a value

of 31.9% which is taken from the Rsquare value..

**Table 6.**

*Uji Regresi*

**Model Summary**

Model R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.751 <sup>a</sup>	.564	.482

a. Predictors: (Constant), interaksi terhadap hasil latihan, pretest, motivasi

After the attribute variable (motivation) in the second regression equation, it increased to 0.564 or 56.4%. Thus, it can be concluded that the presence of attribute variables (motivation) can strengthen or increase the influence of random practice and block practice method variables on the mastery of single category pencak silat moves.

So from all the results of data processing that has been done, it can be concluded that before the influence of motivation on the mastery of pencak silat moves was 31.9%. And after the addition of attribute variables, the effect of the method increased to 56.4% on the mastery of the single category pencak silat IPSI standard.

**DISCUSSION**

Based on the existing theory and looking at the statistical results with

reference to the conclusions of the analysis carried out. This discussion refers to the proposed hypothesis.

(Decaprio & Richard, 2013) Centralized training is a method that completes one skill first before moving on to another skill. Then random exercises are exercises that provide opportunities for students to perform various skills at the same time, without being separated by type of skill. (Rizki Nauli Saputra, 2019) concluded that the centralized training method had a significant influence on the results of mastering basic techniques in the futsal game. According to (Satriya & Risnuwanto, 2009) from the results of the research conducted, it was concluded that the arrangement of random drill drills multi shuttlecock in the pattern still have a significant influence on the results of the badminton single match

(Wijaya, 2018)) describes that athletes with high levels of anxiety have the possibility of having high achievement motivation 0.2 times greater than athletes with low levels of anxiety and there is also a statistically significant relationship between high self-confidence and the possibility of having motivation. High achievers are 6

times greater than athletes who have low self-confidence

## **CONCLUSION**

Significant increase in mastery of single category pencak silat moves. This happens because of the influence of the application of random practice and block practice methods that seek athletes to better understand and understand the movements carried out. Random practice and block practice methods both have an influence on the mastery of single-category pencak silat moves.

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